

DINNERLY



Asian Beef Noodle Soup with Zucchini and Sweet Onion



25 minutes



2 Servings

There's nothing more comforting than a noodle soup. Pile tender beef, vermicelli noodles and zucchini into bowls, then top with a Chinese-spiced broth and caramelised onion for a full, deep flavour.

WHAT WE SEND

- 1 onion
- 1 zucchini
- 2 beef-style stock cubes
- 10g Chinese barbecue seasoning ^{1,6,17}
- 150g vermicelli noodles
- beef stir-fry

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1L (4 cups) boiling water
- 2 eggs (optional) ³
- 2 tbs vegetable oil
- 2 tsp white vinegar
- 2 tsp sugar
- 1½ tbs soy sauce ⁶

TOOLS

- medium saucepan
- julienne peeler (optional)
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 750kcal, Fat 26.1g, Carbs 74.4g,
Proteins 52.9g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles and eggs. Thinly slice the **onion**. Shred the **zucchini** using a julienne peeler (see Kitchen hack). Crumble **1 stock cube*** into a heatproof jug, add **half the Chinese barbecue seasoning** and **250ml (1 cup) boiling water** and stir to dissolve.



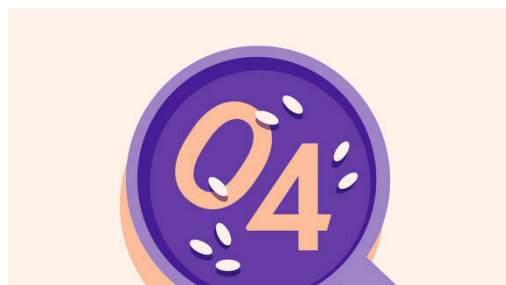
2. Cook noodles and eggs

Cook the **noodles** in the pan of boiling water for 3 mins, then add **2 eggs**, if using, and cook for a further 6 mins or until the noodles are tender and the eggs are soft-boiled. Remove the eggs with a slotted spoon, then cool in cold water. Drain the noodles, then rinse under cold water to prevent them from sticking. Peel and halve the eggs.



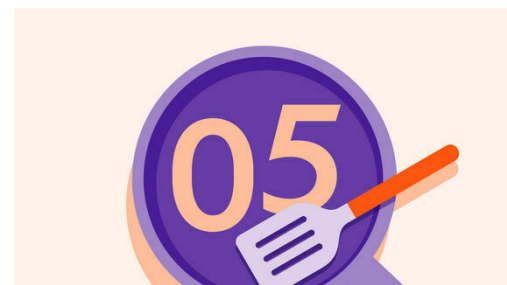
3. Caramelize onion

Meanwhile, heat **1 tbs vegetable oil** in a medium deep frypan over medium-high heat. Cook the **onion**, stirring regularly, for 5 mins or until softened. Stir in **2 tsp white vinegar** and **2 tsp sugar**. Reduce the heat to low and cook, stirring occasionally, for a further 3-4 mins until caramelised. Remove from the pan.



4. Stir-fry beef

Separate the **beef stir-fry**. Heat **1 tbs vegetable oil** in the same pan over high heat until very hot. Stir-fry the beef and **remaining Chinese barbecue seasoning** for 2 mins or until browned. Remove from the pan and season with **salt and pepper**.



5. Serve up

Add the **stock**, **1½ tbs soy sauce** and **750ml (3 cups) boiling water** to the same pan and bring to the boil. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **noodles**, **zucchini** and **beef** among bowls. Ladle over the **hot soup** and top with the **caramelised onion** and **egg**. Enjoy!



6. Kitchen hack

Don't have a julienne peeler? Use a spiraliser if you have one. Otherwise, peel the zucchini into thin ribbons with a vegetable peeler, then blanch them in the soup for 1 min before serving. It won't look exactly the same as the photo, but it will be just as delicious!